

# Everyone Goes Home “SAFE”!

## Get a Grip on Hand Injuries

- People often become careless with their hands and can cause serious injuries very easily.
- Of the 3.6 million work-related injuries treated annually in the U.S., hands and fingers are the most commonly treated body parts, according to the U.S. Centers for Disease Control and Prevention.
- More than 90% percent of all acute injuries in the workplace are caused by human error, not equipment failure.



List your hand injuries:

What can we do better?

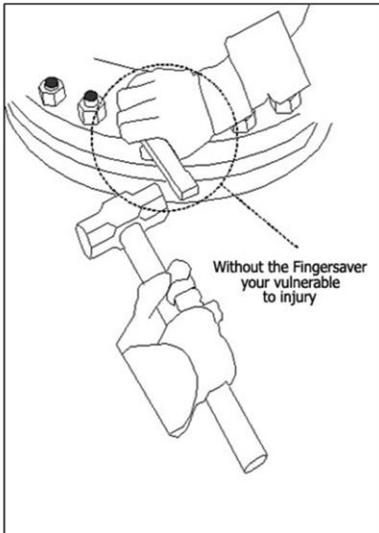
- **Understand what a pinch point is** - A pinch point is any place in which two base components come together that can cause an injury if a body part comes into contact with the area.
- **Pinch Points** - Use a push stick, tag lines, tool holders
- **Motion** - Understand the end result of your action
- **Line of Fire** – All stand clear from the line of a potential flying object
- **Caught in between** – Body positioning between objects that could shift
- **Stored Energy** – What could happen in the event of an unexpected release
- Use the JSA check box section as a guide to identify potential hazards

### **LESSON LEARNED:**

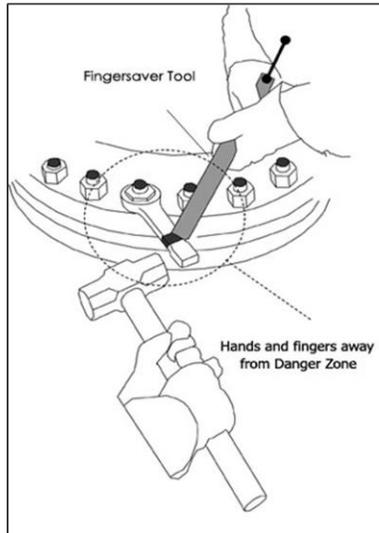
- *Avoid striking close to the hand/finger.*
- *Use a holding device to keep the fingers from the strike zone.*
- *Use a Finger Saver to position fingers away from the impact position of the hammer and from pinch points when using impact wrenches & hydraulic torque equipment.*
- *The Finger Saver should be made available through your company’s tool room.*
- *Longer handles can be order through your company’s purchase department.*



**Finger Saver Device**



Without the Finger-Saver you are vulnerable to injury



Hands & fingers are away from the Strike Zone



Hands Free of the Strike Zone



**Other tasks that have high risk for hand injury:**

- Using a pry bars in congested areas.
- Placing fingers between flanges and during jobs when two objects are coming together.
- Adjusting forks on a forklift.
- Placing fingers between two scaffold bars while connecting them on the scaffold.
- Opening gang boxes and reaching in to retrieve tools.
- Using the wrong tool for the job.



**LESSONS LEARNED:**

- Pinch bars generate **stored energy** as they are used and the user must be conscious of a sudden release of the bar.
- When pinch points exist, **be aware of unexpected shifting of equipment** such as the object shifting, discuss and communicate such activities with the work group and on the JSA.
- Forks on a forklift are sticky and don't slide or adjust easily. **Controlling the energy is necessary** to adjust the forks. In other words, "Know the end result, the consequences".
- Handle material, including scaffold material, **one at a time** as pinch points are more likely handling more than one at a time.
- Use the proper tools for job tasks.
- *Leather gloves are required for material handling activities.*



### Other causes of sharp objects:

- Cutting the right hand on a piece of insulation sheet metal while wearing leather gloves.
- Cut the upper hand between the sleeve & glove from tubing attached to a pipe he was lifting.
- Cut the knuckle on the blade of a reciprocating saw, when it kicked back.
- Cut the left hand through the gloves while grabbing a lodged aluminum gasket from a pile of debris.
- An employee sustained a cut to the finger when making contact with a wooden guardrail.
- Raising a storage compartment lid on a carry deck crane

### LESSONS LEARNED:

#### The most common causes of hand injuries are:

- Carelessness
- Lack of Awareness
- Distractions

### Insulation Sheet Metal



### Leather Gloves Wrong hand protection

